

## ABSTRACT OF THE DISCLOSURE

A method for illuminating is disclosed, which is characterized by the steps of injecting (1) the light beam (13) from a laser (9) into a optical element (19), which spectrally broadens the light of the light beam (13) and shaping (3) the spectrally broadened light (31) to form an illumination light beam (29). An instrument (7) for illuminating is furthermore disclosed, which comprises a laser (9) that emits a light beam (13), which is directed onto a optical element (19) that spectrally broadens the light from the laser. A optical means (33) which shapes the spectrally broadened light (31) to form an illumination light beam (29) is arranged downstream of the microstructured optical element (19).

Fig. 1